Mountain Weather Forecast

Northwest Highlands

Including Sutherland, Ben Wyvis, Wester Ross, The Cuillin, Glen Affric, Glen Shiel and Knoydart
Forecast valid from 06:00 on Monday 07 Aug 2023 until 23:59 on Tuesday 08 Aug 2023

Forecast Issued on Monday 07 Aug 2023 at 03:49 by Met Office Aberdeen

Confidence: High confidence for Monday to Wednesday. Some uncertainty in timing and intensity of rain later Thursday and details for Friday.

Headline for Monday 07 Aug 2023: Cloud breaking with heavy showers developing.

Mountain weather hazards on Monday 07 Aug 2023

Blizzards
No Likelihood

Heavy persistent snow
No Likelihood

Storm force winds
No Likelihood

Gales
No Likelihood

Severe chill effect
No Likelihood

Poor visibility
Low Likelihood

Thunderstorms
Low Likelihood

Heavy persistent rain
No Likelihood

Strong sunlight
Medium Likelihood

Weather and chance of precipitation at 800m					
Time					
06:00	09:00	12:00	15:00	18:00	21:00
Light rain	Light rain showers	Heavy rain showers	Heavy rain showers	Heavy rain showers	Light rain showers (night)
Precipitation probability					
40%	20%	40%	40%	40%	30%

Forecast for Monday 07 Aug 2023

Weather: A cloudy start with some patchy outbreaks of rain. Sunny spells developing through the morning, but scattered showers breaking out from mid-morning. Showers turning heavier in the afternoon. Heaviest across northern ranges late afternoon and evening with a risk of thunder. Showers becoming isolated towards midnight.

Chance of cloud-free hill tops above 800m: 30% in the west, 60% in the east

Low cloud and visibility: Frequent cloud above 500-600m across western hills early morning, lifting to 700-800m late morning with occasional breaks. Patchy cloud further east above 700m, lifting to around 1100m.

Check our weather forecast every day to get the most accurate and up to date information
https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain
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Forecast for Monday 07 Aug 2023

Height (m)	Wind Speed mean/gusts (mph) Wind Direction (blowing from)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1000	16/18 W	14/18 W	14/20 W	16/21 W	16/21 W	17/21 W	15/19 W
900	16/18 W	14/18 W	14/19 W	15/20 W	15/21 W	16/21 W	14/19 W
600	11/14 W	12/15 W	12/17 W	12/17 SW	12/17 W	11/16 W	9/14 W
300	5/15 W	5/15 W	7/18 W	5/17 W	4/16 W	4/16 W	4/14 W
Glen	4/10 W	8/12 W	9/15 W	4/10 NW	6/13 W	6/14 W	4/9 W

Height (m)	Temperature / Feels Like (°C)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1000	5/1	5/1	6/3	6/2	6/1	5/0	4/0
900	6/2	6/2	7/4	7/3	7/3	6/1	5/1
600	8/5	9/6	10/7	9/7	9/6	8/5	7/5
300	11/10	12/12	13/12	12/12	12/11	10/9	9/9
Glen	12/12	14/13	16/14	14/14	14/13	13/12	12/11
Freezing Level*	1600m	1700m	1800m	1800m	1700m	1700m	1500m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Met Office Aberdeen Meteorologist's View
Main thunder risk across Assynt and far north late afternoon and evening.

Forecast for Tuesday 08 Aug 2023
Weather: A few sharp showers in the early hours, mainly across northern ranges. Then a largely dry start, but mostly light showers build through the morning, these mainly across northern ranges and interspersed with sunny spells. These showers clear through the afternoon to leave a dry and bright evening.

Maximum wind: West 15-20 mph gusting 25 mph.

Chance of cloud-free hill tops above 800m: 60%

Low cloud and visibility: Patchy cloud above 600-700m. The visibility will be good away from the cloud and showers.

Temperature: **Glens:** Plus 6 Celsius rising to plus 17Celsius.
At 800m: Plus 5 Celsius.
Freezing level: Above the summits.

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